

8th District Senior Activities Center

June 2016

FREE Senior Activities for older adults 55+ 10am-2pm
Every Tuesday & Thursday.

Tuesday	Wednesday	Thursday
	1. Field Trip to South Coast Botanic Garden	2. Yoga 10am-11am Game Day, Knitting 11am-12pm Lunch 12pm-1pm Social Hour 1pm-2pm
7. Election Day T'ai Chi 10am-11am Guest Speaker 11am-12pm Lunch 12pm-1pm Social Hour 1pm-2pm		9. Yoga 10am-11am Arts & Crafts, Knitting 11am-12pm Lunch 12pm-1pm Social Hour 1pm-2pm
14. T'ai Chi 10am-11am Guest Speaker 11am-12pm Lunch 12pm-1pm Social Hour 1pm-2pm	15. Monthly 8th District Senior Advisory Committee planning meeting 3pm	16. Line Dancing w/ Diane Belanger 10am-11am Arts & Crafts, Knitting 11am-12pm Lunch 12pm-1pm Social Hour 1pm-2pm
21. T'ai Chi 10am-11am Guest Speaker 11am-12pm Lunch 12pm-1pm Social Hour 1pm-2pm		23. Yoga 10am-11am Arts & Crafts, Knitting 11am-12pm Lunch 12pm-1pm Social Hour 1pm-2pm
28. T'ai Chi 10am-11am MOVIE DAY 11am-12pm Lunch 12pm-1pm Social Hour 1pm-2pm		



Tuesdays 10am-11am T'ai Chi Chih w/ Elizabeth Preston

Tuesdays 11am-12pm Guest Speakers:

June 7 Osher Lifelong Learning Institute at CSULB w/ Becky Low

June 14 National Parks w/ Diane Belanger

June 21 Emergency

Preparedness w/ Long Beach Fire Department

Thursdays 10am-11am Yoga w/ Veronica Silva

Thursdays 11am-12pm Arts & Crafts w/ Shoshana Siegel & Delfina Skalland, Knitting w/ Wini Carter

*Activities are subject to change at any time.

Location: Expo Arts Center
4321 Atlantic Ave, LB 90807
For more information:
(562) 570-1326 or
district8@longbeach.gov

Sponsored by
Councilmember
AL AUSTIN II,

8th District Senior
Advisory Committee,
Port of Long Beach,
Women in Action
Reaching Out (provides
free lunch)

